



## DAY PUBLIC SCHOOL SECTOR -14 GURUGRAM

### "DAY WELLNESS"

## MONTHLY HEALTH NEWSLETTER ( AUGUST-2018)

Dear Parents and Students,

Health calls for consumption of healthy food. These days, changes in lifestyle have resulted in change of eating habits too. Consumption of junk food that is high in fat, salt and sugar (HFSS) negatively affects the overall development of children. Continuous consumption of such foods leads to diabetes, obesity, hypertension etc.

**Mens sana in corpore sano-** 'A healthy mind resides in a healthy body'. Healthy food influences the overall development of children, prevents them from deficiency diseases and boosts learning.

Keeping up with the vision of a healthy school, we need to collaborate with each other and ensure good health of our children.

The school as a part of the School Health Program promotes the consumption of healthy home cooked food in lunch boxes. Here are some guidelines for the parents:

### Some suggestions:

- ✿ Ensure a healthy breakfast for the family. Make children develop the habit of eating breakfast before they come to school.
- ✿ Give home cooked and fresh food to the child every day.
- ✿ Include all types of vegetables in the meals.
- ✿ Combine cereals and pulses to improve the protein quality.
- ✿ Ensure the consumption of whole fruits such as banana, apple, grapes, guava, pear etc. for important vitamins, minerals and fibre.
- ✿ Encourage children to drink plenty of water and natural liquid foods such as lemon water, coconut water, lassi...
- ✿ To ensure hygiene:
  - ✓ Use neat and clean lunch boxes.
  - ✓ Wrap chappatis / paranthas, sandwiches in clean cotton cloth napkins.
  - ✓ Guide children to wash their hands before and after eating food.
  - ✓ Wash all the fruits and vegetables thoroughly before eating.
  - ✓ Avoid fried food or cut fruits sold in the open.

### Some points that must be avoided:

- ✿ Don't give packaged and processed foods to the child in the lunch box.
- ✿ Don't include too many sweet foods such as candies; chocolates.
- ✿ Say '**NO**' to aerated drinks.
- ✿ Don't use aluminum foil.
- ✿ Avoid giving sanitizers to the children as they may be harmful.

## SOME HEALTHY TIFFIN IDEAS

- ✕ Poha
- ✕ Poha with nuts and peanuts
- ✕ Sooji upma
- ✕ Nutritious cheela
- ✕ Dal cheela
- ✕ Vegetable besan cheela
- ✕ Parantha wraps (kathi rolls made with whole wheat atta / multigrain atta)
- ✕ Uppam
- ✕ Spinach corn sandwiches (whole wheat/ multigrain bread)
- ✕ Stuffed paranthas
- ✕ Vegetable sooji cheela
- ✕ Oats upma / Masala vegie oats
- ✕ Oats cheela
- ✕ Vermicelli pulao
- ✕ Rice pulao
- ✕ Idli with coconut / tomato chutney
- ✕ Vegetable Idli
- ✕ Masala dosa (paneer stuffed) with coconut / tomato chutney
- ✕ Vegetable daliya
- ✕ Vegetable sago (sabudana) upma

*“When food is wrong, medicine is of no use*

*When food is right, medicine is of no need.”*

Let us a take a pledge to eat nutritious food for good health.